Bear duo seen trekking around Mirror Lake

Bear families like to visit Sara Benson and her husband Don DeBat on Mirror Lake. Every “season” there’s a story and here’s another from a visit last week.

At 7 p.m. on May 22, Benson encountered a mother bear and her cub and watched her open her next-door neighbor’s gate on Cullasaja Drive.

“The mama bear stood up on her two hind legs, reached over my neighbor’s gate and lifted the latch to open it,” Benson said. “Standing up she looked 5½ feet tall. At first glance, I thought it was a 300-pound man in a bear suit.”

When the mama bear turned toward her, Benson ran into her house to alert her husband.

“We came out armed with our cameras,” Benson said. “The mama bear and cub were in our driveway, less than 30 feet away. She hissed and lunged toward us.”

Then, the bears retreated but in doing so the mama bear temporarily lost track of her cub, which had scampered up a tree. She searched the area looking for her cub.

Heavy rains have turned Mirror Lake brown, and though it is shallow enough to walk across, these paddle-boarders were determined to enjoy being out of doors between showers on Sunday.

Mirror Lake spurs talk & amendment to ordinance

Deleting redundancies and amending portions of the Unified Development Ordinance has been going on for a while and will likely continue until the document is streamlined and reflects what town officials want to monitor and enforce.

At the May 24 Town Board meeting, there was a public hearing to lobby for the town’s help in cleaning up the sediment in Mirror Lake.

“Soil due to erosion has flowed into Mirror Lake over the years and the extent of the sediment in Mirror Lake.”

This photo has been making the rounds on Facebook and it looks like it could be the duo in the story below. – Photographer is unknown.

‘18-’19 budget passes easily

Following just two budget work sessions, the town’s $18,327,370 FY 2018-’19 budget was accepted by the Town Board last Thursday.

For the first time in years, everything on the capital projects wish-list was included in the budget.

For the Street Dept., $192,000 will be used to pave various streets including the top half of Satulah Road; the Oak Street wall along the Playhouse will finally be replaced with a rock wall to match the rest of the Town Hall complex for $140,000 and another $30,000 will be used for sidewalk repairs and four pieces of equipment for Street Dept. use totaling $196,000.

In the Water Dept., the big item is the Buckhorn Water Tank & Pump Station replacement which will cost $1,378,000.

In addition, Water Treatment Plant and Waste Water Treatment Plant repairs and equipment requests total $231,000; the Police Dept. requested $86,000 for one SUV and various communication equipment.

The MIS/GIS Dept. is getting $69,000 for a replacement jeep, a new server to support the cameras around town and much more.

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Last Thursday’s Highlands Town Board meeting was a lengthy session. With 15 agenda items it lasted almost two hours.

Two public hearings were held concerning docks and dams. After public input the board voted to modify the existing ordinance for lowering impoundments. Permission will now have to be secured from three regulatory agencies before a lake can be lowered inside the town limits. Lakes and ponds in this region are manmade, not natural formations, and any sudden change in these structures can impact other property downstream.

After the hearings the board also voted to allow small boat docks to be built on Lake Sequoyah using environmentally safe materials. Any new dock construction will require a town permit and a county building permit.

The board also approved a modification to the Verizon antenna contract for the Big Bear Pen tower. Verizon changed the equipment and design of their antenna unit so a modification to the contract was required. Hopefully, this change will result in Verizon quickly putting their antenna into service. We have been anticipating it being operational since the first of the year.

Another important vote by the board dealt with soliciting and merchandizing on town streets and sidewalks. Both I and the board have been receiving disturbing feedback that certain merchants have been having employees engage pedestrians on Main and 4th Streets by soliciting, advertising and merchandising their products on the public sidewalks in front of a business. I have received feedback that there are even incidents of employees using tactics to direct and steer folks into the stores. The ordinance the board passed prohibits all of these kinds of tactics.

There are several reasons that the board passed this ordinance. Basically, people should be able to walk on public streets without being interrupted or disturbed by others trying to sell merchandise. The new ordinance goes hand in hand with existing ordinances prohibiting the display of merchandise and peddling on streets and public sidewalks. This is not to say a merchant can’t stand in their doorway, greet passersby and invite them to come into their store. On the other hand, the merchant can’t go on to the sidewalk with products in hand in an attempt to direct people into their store. Highlands has rather small sidewalks in the business area and any such activities can disrupt the flow of pedestrian traffic and especially handicap access. The downtown business district is a public space, not a private shopping mall, and pedestrian access and comfort must be assured. The over reaching concern that Bob Kieltyka, the Director of the Highlands Chamber of Commerce has expressed to me is that we must maintain an inviting and accessible business area in downtown. We want people to leisurely walk throughout the town with no pressure from merchants trying to sell them items on the street.

Any violations of this ordinance can be reported by calling the non-emergency dispatcher at 526-4131. A police officer will investigate the complaint.

Memories of Peek’s Creek loom with rain

According to MC EMS Director Warren Cabe, there are flooded roads and some small slope failures along roadways due to consistent rain and soggy soils.

“We are starting to see flooding in low lying areas and Duke Energy is bypassing water at Nan-tahala that has lead to some flooded roadways. We are holding our own at this point. The only slope failure was Tuesday night on the Franklin end of Buck Creek Road. NC DOT is working to clear it. We are not watching any sites specifically but anything could happen at any moment,” he said.

Year-to-date rainfall: 45.36 inches; month-to-date: 18.70, May 29: 5.10 and May 30 1.27 at 11a.
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Above: Downtown Highlands 488 MAIN STREET

Right: At Highlands Falls CC 2334 CASHIERS ROAD
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**Fressers**

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**Sunday Champagne Brunch**

noon-2p

**Appetizers**

Obazda

A Bavarian style cheese spread

(We add pineapple to ours)

**Entrees**

Tuscan Chicken

Leg quarters brazed with fennel, carrots, sage and wine.

Served on flat noodles

**Roasted Vegetables Za’atar**

A melange of artichoke, carrots, zucchini, fennel, broccoli and onion with Turkish seasoning served over rice pilaf

**Soup**

Hearty Beef and Vegetable

470 Skyline Lodge Road

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Reservations appreciated but not required.
2018 Upcoming Events

at the
Center for Life Enrichment

- Tuesday, June 5: The Battle Over the Southern Past
  Time: 10-12  Cost: $25/$35
  Presenter: Fitzhugh Brundage

- Wednesday, June 6: The Making of Our Mountains
  Time: 10-12  Cost: $25/$35
  Presenter: Cheryl Waters-Tormey

- Thursday, June 7: Ever-Changing State of American Politics
  Time: 10-12  Cost: $25/$35
  Presenter: Al Tuchfarber

- Friday, June 8: Women in Latin American Literature
  Time: 10-12  Cost: $25/$35
  Presenter: Angélica Lozano-Alonso

CLE OPENING PARTY

Monday, June 11
Time: 5-7

Join us as we celebrate another season of sharing the love of learning on the Highlands-Cashiers plateau.

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... MIRROR LAKE from page 1

ment has done away with the trout, bass and even brim," he said. “Now, 10,000 cubic yards of sediment has been deposited in my back yard which goes to the center of the Cullasaja River in the middle of the lake. Does the town of Highlands have any responsibility for the lake to the homeowners on the lake? This has basically come down to the inverse condemnation of our property. It’s not a lake anymore, but rather a pond with frogs and snapping turtles.”

He asked what people have asked for years — will the town assist with the cleaning up of Mirror Lake?

The answer was no, due to the fact that it’s a private lake and because it would cost millions of dollars – dol-

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THE CURIOUS MIND KNOWS NO BOUNDS
... MIRROR LAKE continued from page 1

lars previous mayor Buck Trott worked
diligently to obtain at the federal level to no avail.

Commissioner John Dotson said
the lake is owned by the property owners
around it – to the center in most cases –
and it is theirs to do with it what they want.

“This is a tough situation and has been
over the years,” he said. “It started years
ago when the Highlands Falls Country
Club dam failed and the consistent failure
by others to control sedimentation. It’s up
to you and your neighbors to jump up and
down as you are doing now to get some-
thing done, but the town has no standing.”

Mayor Pat Taylor said if property own-
ers could get a grant to fund the expense of
remediating the situation that would be the
way to go but it’s been tried before.

Commissioners said it’s the amend-
ing of ordinances that will give the town power
in the future and that’s what’s being attend-
ed to now.

When the town took the developer of
Riverwalk to court for allowing sediment to
erode into the upper arm of the Cullasaja
River, the judge ruled in the developer’s fa-
vor because the town didn’t have the ordi-
nances in place to back up its claim of con-
tamination.

“We sued him and took him to court to
get him to pay to get the sediment out, but
we lost,” said Commissioner Amy Patterson.
“Our ordinance was weak and we had a lack
of expert documentation verifying the be-
fore and after.”

But Freisem said the town accepts
money from residents for a myriad of things
– fees and permits – yet the state of Mirror
Lake has been “dumped in our laps.” “It’s
not fair for the town to say it can’t do any-
thing about it,” he said.

Commissioner Stiehler said the town
simply doesn’t have the money to take on
the project. “All we can do at this point is
continue to monitor the projects we are per-
mitting.”

Commissioner Dotson agreed. “Going
“forward we are tightening up discrepancies
in our land disturbance ordinances do be
able to do what needs to be done.”

About four years ago, Mirror Lake was
drained without any notification to the town
which caused alarm.

Consequently, the draining of in-
• See MIRROR LAKE page 11
DeBat said, “I raised my phone to take a video, and she hissed and leaped forward taking three long strides.”

Fearing the worst, DeBat spun around and escaped to the safety of the house.

Meanwhile, cool and collected, Benson picked up a U.S. Coast Guard air horn and gave two short blasts. The bear retreated.

“Surprisingly, the mama bear returned around 10 p.m., setting off our motion lights and knocking over our empty garbage cans,” Benson said. “She still had not located her cub and was agitated, panting, whining and stalking around our house.”

Benson said this is the fifth bear encounter she has experienced on the Cullasaja Drive side of Mirror Lake over the past three years.

Last autumn, Benson witnessed a mama bear and two cubs climbing trees, eating dogwood berries and swimming in Mirror Lake.

In the spring of 2017, a mama bear and two cubs tore up grass and feasted on the grubs underneath in their front yard, which rims Mirror Lake.

Bear sightings are on the rise in Highlands, experts say. Although an accurate count has not been done since 2011, there is an estimated 15,000 black bears roaming the state. They are found on about 60 percent of the total land area in North Carolina. The bear population has been rising steadily since the 1950s, when greater wildlife management was put into place.

According to the North Carolina Wildlife Resources Commission, there were 425 interactions between humans and bears in Macon County and the 11 other counties in the western zone of the state in 2011, up from only 24 encounters in 1992. In 2011, there were a total of 671 encounters in the entire state of North Carolina, up from 63 in 1992.

In the May 17 edition of Highlands Newspaper, in the front page article “Bear family comes calling,” the McDuff family on Chowan recounted their encounter with a mama and two cubs.

Now, based on the description of the mama bear and single, tiny cub that visited Benson and DeBat, it appears the same duo paid the McDuffs a visit the morning of May 23.

“A mother bear was at our front door early this morning. It got ahold of a feeder we forgot to bring in,” said Scott McDuff. “We yelled at it to go away, and it huffed deeply then snapped its jaw three times as a warning, so we left it alone to finish its breakfast.”

“After it was done, it came to the front door, put its front paws on the glass door and stood up. It then tried the door handle. Luckily, it was locked,” he said.

While his wife Kelly stood watch at the front door, Scott went to the side door and threw a pack of firecrackers outside.

“Those scared her away from the door only to have her go to the side of the house where she climbed a tree. It was then we realized she had a very, small cub up the tree,” said McDuff.

The mama and cub slept in the tree during the day while contractors and workers were on the property. McDuff said they eventually came down, and slowly walked down the back yard and across the Franklin road on to Netsi Place.

McDuff said this mama and cub were not part of the family who visited before and said based on the photo from Facebook (on the front page) it could be the same couple.

“The female looks the same, and the cub was that small,” he said. “It was the smallest cub we’ve ever seen.”
Not long ago, Mom allowed the dog to dictate a column which she graciously typed for him. Unlike the dog, I am perfectly capable of typing my column. After all, I’ve spent plenty of time on Mom’s keyboard, though until now, I’ve kept my typing talents secret.

Now, about that dog. Yes, he was here before me, and yes, he’s certainly larger than me at 70+ pounds, but he knows full well he’s NOT in charge. The silly boy thinks that because his DNA analysis indicates his ancestors are Great Pyrenees, the royal dogs of France, that he is somehow special. Pfft.

Haven’t we all heard of folks who are royal but not all that intelligent or talented? That’s Banjo. He’s nice enough, easy to get along with, generous with his many dog beds, but bright or talented? Hardly. His main activities are lying around, taking walks and eating my cat food when I take a delicate pause between bites. He doesn’t even chase balls or play with toys. Pretty useless, I’d say.

I, on the other hand, don’t require a DNA test to prove how special I am. First, I am a calico cat with distinctive markings and—as are 99.9% of calicos—female. Need I say more? I’m also exceptional because I’m a calico tortoiseshell combo. Talk about a beauty.

We calicos are considered good luck. Known for our distinctive orange patches on a white background, we originated in Egypt. Sailors saw us as especially good and fire departments can use it for search and rescue operations and for seeing inside structures with its infrared capabilities.

In the Parks & Recreation Dept., long-needed work will begin in the Community Building, more lighting will be installed at the K-H Founders Park and a scissor lift will be purchased for a total of $74,000.

The Administration Dept. requested a vehicle so officials don’t have to use their
If you’re looking for a nutritious, quick snack or healthy addition to just about any recipe, raw or lightly roasted organic nuts are a great choice.

With healthy fats, fiber, plant sterols and many vitamins and minerals, nuts pack a powerful nutritional punch, all wrapped up in a tiny bite-sized package. Nuts are rich in various nutrients and minerals, such as vitamin E and selenium. Nuts and seeds are a great source of high-quality fatty acids. In fact, a recent epidemiologic study revealed that nuts offer many benefits for your health, even reducing your risk of serious chronic disease.

Nuts and seeds are an easy way to include healthy fats, crunchy and rich flavor to your foods. They are a powerhouse of energy, as they are high in fat, calories and protein. Nuts and seeds help build the body and have a grounding effect. The protein and healthy fats in nuts make them a perfect snack—they help to balance blood sugar levels, eliminate sugar cravings and help you feel satiated throughout the day.

There have not been many epidemiologic studies undertaken to assess the effect of nut consumption on health risks, but a recent study involving more than 13,000 people, published in the Journal of the American College of Nutrition, set out to do just that.

Those who ate nuts gained numerous benefits compared to non-nut eaters, including:

- Decreased body mass index and waist circumference
- Lower systolic blood pressure
- Lower weight
- Less likelihood of having two risk factors for metabolic syndrome: high blood pressure and low HDL (good) cholesterol (for nut consumers)
- Less likelihood of having four risk factors for metabolic syndrome: abdominal obesity, high blood pressure, high fasting glucose and a lower prevalence of metabolic syndrome (for tree nut consumers)

Researchers concluded:

“Nut/tree nut consumption was associated with a decreased prevalence of selected risk factors for cardiovascular disease, type 2 diabetes, and MetS [metabolic syndrome].”

Other research has further proven that nuts, such as almonds, confer superior heart health benefits to complex carbs like whole-wheat muffins; a study in the journal Circulation found people with abnormally high level of lipids, such as cholesterol, in their blood, were able to significantly reduce their risk factors for coronary heart disease by snacking on whole almonds. Those who snacked on whole-wheat muffins got no such benefit.

It’s likely that nuts impact your heart health in numerous ways. For instance, many nuts, such as walnuts, hazelnuts, pecans, Brazil nuts, almonds, cashews and peanuts contain the amino acid L-arginine, which offers multiple vascular benefits to people with heart disease, or those who have increased risk for heart disease due to multiple cardiac risk factors. L-arginine is a key nutrient in promoting efficient blood flow and overall cardiovascular function. L-arginine is considered one of the “semi-essential” amino acids—meaning, often your body can’t produce it in sufficient quantities, so you must obtain adequate quantities from your diet.

Will Eating Nuts Make You Fat?

It’s one of the biggest nutritional myths of all times that eating a food high in healthy fat will make you fat. If you’re watching your weight, a small handful of nuts like almonds is a better snack choice than a snack high in complex carbohydrates, such as a bran muffin. In one study comparing those who ate a low-calorie diet that included either almonds or complex carbs, the almond group had a:

- 62 percent greater reduction in their weight/BMI
- 50 percent greater reduction in waist circumference
- 56 percent greater reduction in body fat

A separate study in the journal Obesity also found that eating nuts two or more times per week was associated with a reduced risk of weight gain.

Which Nuts are Healthiest?

You can’t really go wrong when choosing nuts to eat, as long as you pay attention to quality. By this I mean look for nuts that are organic and raw, not irradiated or pasteurized (see below for more details). One exception is peanuts, which I typically avoid, and which are technically in the legume family. Along with being one of the most pesticide-laden foods you can eat, most peanuts are also contaminated with aflatoxin, a carcinogenic mold.

Next week: More on Which Nuts are Healthiest.
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...BUDGET continued from pg. 9

personal vehicles for continuing education and out-of-town meetings and interior and exterior repairs will be made to Town Hall for a total of $48,000.

To present a balanced budget, $1,354,033 was appropriated from the undesignated General Fund Balance and $644,752.00 from the electric reserve fund for a total of $1,998,785.

Due to the ability to transfer funds from the Electric Reserve, the town has been able to keep its long-term debt extremely low and to fund capital projects as needed.

The current General Fund Balance is about $4,000,000; the current General Fund Reserve Balance is about $3,500,000; the current Electric Reserve Fund Balance is about $3,600,000.

The ad valorem tax rate will remain at $0.164 per $100 valuation which includes .015 earmarked for recreation capital projects which is scheduled to sunset June 30th of 2020.

The valuations are determined by the Macon and Jackson County Tax Departments. This rate is based on an approximate valuation of $1,762,000,000 and an estimated collection rate of 99%.

The current Highlands Volunteer Fire Department tax rate of .01 per $100 valuation won’t increase nor will charges for electrical, water, sewer and sanitation service.

All revenues are projected to be stable with a continued strong Local Option Sales Tax Distribution.

The proposed budget includes a cost-of-living adjustment of 2% for all full-time employees; an 8.8% reduction in the employee health insurance premiums, due to a change from Blue Cross Blue Shield to MedCost for a savings of about $67,000.

In Town Manager Josh Ward’s budget message, he said the financial outlook for the Town of Highlands is good.

“The Town’s undesignated General Fund Balance remains strong, and with the exception of the Sanitation Department, all Enterprise Funds are stable and covering their operating costs.

“The Electric Fund continues to provide substantial capital necessary to offset capital project costs in other departments and to keep our long-term debt extremely low. As with all Town utilities, the electric fund revenue should be monitored closely each year, as Duke Energy continues to increase wholesale rates,” he said.

– Kim Lewicki

A new face at TB Salon & Spa

With a passion and an eye for uniqueness, the Master Cosmetologists at Taylor Barnes Salon serving Highlands for 14 years and equipped with decades of experience and knowledge, welcomes Tina Wardwel as the newest member. Bringing with her that same love for everyone’s beautiful individuality, Tina’s expertise includes wedding & special event hairstyles and makeup. However, with 23 years in the art of cosmetology and having a passion for the craft, Tina simply excels in all things “beauty”!

Taylor Barnes Salon is delighted to embrace Tina as a part of the team and would like you to share in the excitement! Call 526-4192 or visit the salon today. Mention this piece and get 15% off any chemical service and 10% off your first cut and style.
The Highlands Police log entries from April 27. Only the names of persons arrested, issued a Class-3 misdemeanor or public officials have been used.

April 27
• At 1 p.m., officers were called to a residence on Talley Lane concerning a larceny and trespassing where someone took black aluminum fencing.

April 30
• At 7 p.m., officers responded to a braking and entering and larceny from a residence on Wyanoak Road.

May 2
• At 12:18 p.m., offices were called about an abandoned vehicle on Spring St.

May 3
• At 2:15 p.m., officers responded to a two-vehicle accident on Hummingbird Lane.

May 4
• At 9 p.m. officers were called to N. 4th Street about someone in possession of large amounts of mail, packages and documents addressed to other people

May 6
• At 1 p.m., officers responded to a call of a braking and entering with larceny at a residence on Cherokee Drive.

May 9
• At 9:10 a.m., officers responded to a call of a breaking and entering of a motor vehicle and larceny of auto parts and accessories at the Frontier Communications sub station on Spring Street.
• At 4:55 p.m., officers responded to a two-vehicle accident on Main Street.
• At 11:17 p.m., officers responded to a one-vehicle accident on Horse Cove Road.

May 11
• At 3 p.m., officers were called about someone trying to enter a house on Redbird Lane.

May 14
• At 9:18 p.m., officers responded to a call of a breaking and entering of a motor vehicle and larceny at a residence on Hickory Hill Road concerning a barking dog.

May 20
• At 12:58 p.m., officers were called to Sky High Pizza concerning a problem with a customer.
• At 9:30 p.m., officers were called to Country Club Properties in Wright Square where someone had opened the door to the business.

May 21
• At 3:58 p.m., officers were called about an ordinance violations involving junked a vehicle on property at Dog Mountain Road.
• At 5:08 p.m., officers were called to Helens Barn Ave. about disorderly conduct in a residence.

May 22
• At 3:47 p.m. officers were called to the Skate Park at the Highlands Rec Park concerning a simple assault to a minor when he was hit with a fist.

May 23
• At 2:40 p.m., officers were called to the Farmers Market on NC 106 and Main about someone coming on to the property and entering the store.
• At noon, officers were called to a residence on Split Rail Row about someone attempting to collect a credit card in the victims name.

The Highlands Fire & Rescue Dept. from May 15.

May 15
• At 9:02 a.m., the dept. responded to a Co2 alarm at a location on Church Street.

May 16
• The dept. responded to a Co2 alarm at a location on Church Street.
• At 7:16 p.m., the dept. was first-responders to Main and First streets.
• At 5:59 p.m., the dept. was first-responders to a location on Horse Cove Ranch Road.

May 17
• At 8:59 a.m., the dept. provided mutual aid to Cashiers FD on a structure fire.
• At 4:49 p.m., the dept. was first-responders to a location on Main Street.
• At 9:16 p.m., the dept. responded to a motor vehicle accident on Horse Cove Road. There were no injuries.

May 18
• At 5:32 p.m., the dept. was first-responders to a location on Main Street.
• At 8:39 p.m., the dept. was first-responders to a location on Main Street.

May 20
• At 7:19 p.m. the dept. was first-responders to a location on Rocky Ridge Road.

May 21
• At 4:39 p.m., the dept. assisted in a search on Yellow Mountain Trail off Buck Creek Road. The person was located by the Glenville/ Cashiers Rescue Department.

The Highlands Fire & Rescue Dept. from May 15.

May 15
• At 9:02 a.m., the dept. responded to a Co2 alarm at a location on Church Street.

May 16
• The dept. responded to a Co2 alarm at a location on Church Street.
• At 7:16 p.m., the dept. was first-responders to Main and First streets.
• At 5:59 p.m., the dept. was first-responders to a location on Horse Cove Ranch Road.

May 17
• At 8:59 a.m., the dept. provided mutual aid to Cashiers FD on a structure fire.
• At 4:49 p.m., the dept. was first-responders to a location on Main Street.
• At 9:16 p.m., the dept. responded to a motor vehicle accident on Horse Cove Road. There were no injuries.

May 18
• At 5:32 p.m., the dept. was first-responders to a location on Main Street.
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Ongoing
• Movies at the Highlands Playhouse:
  Movies: Fri-Tues, 2, 5, 8 p.m.

First Mondays
• Shortoff Baptist Church non-denominational Men’s Meeting at 7 pm

Mondays
• At the Rec Park, High Cardio Zumba Fitness with Certified Instructor Tiffany Austin at 5:15 p.m.
• Hip Hop classes with Tori Schmitt at 5:30-6:30 at the Rec Park.

Mon. & Thurs.
• The Joy Program at HUMC from 11:30 a.m. to 1:30 p.m. Includes a free lunch and a variety of programs and games. All seniors are welcome. For more info, call Tricia Smith at 828-338-8167.

Mon. and Wed.
• Gentle Yoga at the Rec park at 9:30. All levels welcome.

Mon., Wed., Fri.
• Heart Healthy Exercise Class Monday, Wednesday and Friday 8:30am-9:30am.
• Aerobics with Tina Rogers 8-9a.

Mon., Wed., Thurs.
• Pickle Ball at the Recreation Department Gym 10:30am -1pm

Tuesdays
• FREE Community Table Dinner at the Community Bldg. at 6p.
• The Humanist Discussion Group meets every Tuesday morning from 10:30-11:30a in the Meeting Room in the back of Hudson Library.
• The Highlands Writers Group, a collection of professional and talented amateur writers, meets to read, workshop, or to just share information on writing, every Tuesday, 3pm-5pm, in the downstairs board room at the Bascom Center for the Visual Arts, 323 Franklin Road, Highlands, NC 28741. For more information, please contact Bud Katz, 828-526-3190. If we’re unable to answer, please leave a message or send a note to budandlynn@me.com.

First Tuesdays
• The monthly family support group for those with family members, friends, or loved ones living with the challenge of mental illness meets at 7 p.m. at Memorial United Methodist Church, 4668 Old Murphy Road, Franklin. For info call 369-7385.

2nd and 4th Tuesdays
• OccupyWNC meets at the 7PM in the Sneak E. Squirrel Community Room (1314 Main St., Sylva. Visit www.occupywnc.org or call 828-331.1524

Third Tuesday
• The Macon County Poultry Club meets at the NC Cooperative extension office located at 193 Thomas Heights Rd., Franklin on the third Tuesday of each month at 7pm. Meetings are open to the public. Call 828-369-3916.

Tuesday and Thursdays
• Exercise Class with Michelle Lane at 5:15. A combination class with many different styles of exercise.

First Wednesdays
• Family Movies at the Hudson Library at 3:30pm. Call 828-526-3031 for titles.

3rd Wednesdays
• Recently released movies at Hudson Library at 2pm. Call 828-526-3031 for titles.

Wed. & Fri.
• Duplicate Bridge 12-4pm

Thursdays
• Storytime with Miss Deanna at Hudson Library 10:40 am. Open to the public.

• NAMI Support Group for individuals dealing with mental illness and the family members of individuals dealing with these challenges from 7 – 8:15 pm. at First United Methodist Church Out Reach Center on West Main Street in Franklin Call Donita for more info (828) 526-9510.
• Hip Hop classes with Tori Schmitt at 6:30-7:30 at the Rec Park.

2nd Thursdays
• Sapphire Valley Needlepoint Guild meets at the Highlands Rec Park at 10 a.m.

3rd Thursdays
• Kidney Smart Classes in Franklin: from 4:30-6pm, Angel Medical Center Video Conference Room, 3rd Floor, 120 Riverview St. Contact Majestic 828-369-9474

1st and 3rd Thursdays
• Indivisible Highlands, a non-partisan activist group meets weekly at the Hudson Library at 5p. For info call 770-823-0601

Fridays
• Live FREE music in Town Square on Main Street from 6-8 p.m.

Saturdays
• Live FREE music in K-H Founders Park on Pine Street from 6-8 p.m.
• At The Bascom, Pottery Sale in the barn from 10a to 5p.
• Scrabble at Hudson Library from 1-4 p.m. Bring board if possible. All are welcome. 727-871-8298.
• The Bascom Knitters on the Terrace at The Bascom from 10 am until noon or downstairs in The Bascom Library room.

4th Saturdays
• Scaly Mountain Women’s Club Pancake Breakfast 8-10:30a at the old Scaly Mtn. School at Buck Knob and NC 106.

Through June 3
• At The Bascom, Joel Gallery. Mennonite Palace…Grant Benoit exhibit. For more information on these events please visit www.thebascom.org or call Lin Sheffield at 828.787.2866.
• At The Bascom, PaPer View exhibit. Sarah Morgan Wingfield, an artist of many disciplines including paper making, is the guest curator of this exhibition. For more information on these events please visit www.thebascom.org or call Lin Sheffield at 828.787.2866.

• See EVENTS page 18
As with many of you, I grew up in a place and time when America was the world’s unquestioned economic and military leader. Our armed forces are still the most powerful in the world. Our economy is still fundamentally, very strong, but our nation’s physical and social infrastructure, healthcare, education and cultural institutions are no longer the envy of the rest of the world.

I wrestle with the notion of whether America is, indeed, “one nation under God,” or 50 individual states with competing interests, or 330-plus million individuals only concerned with their personal wants and needs. It would be nice if we were one nation but the longer I’m around, the more I worry we’ve become a society mostly obsessed with selfish desires.

I wonder what America would look like if we adopted some baseline principles focusing on the general welfare of all Americans, while each individual remains free to pursue his or her own version of happiness.

Government at all levels has at its disposal the human, financial and natural capital of our great nation. We tacitly “contribute,” through various taxing mechanisms, to those resource bases. Why can’t WE take it as our collective national responsibility to ensure all Americans have access to a safe place to live, enough nutritious food to eat, clean air to breathe and pure, clean water to drink? Why can’t all Americans have basic healthcare, and an education to prepare future generations for the competitive global economy in which we all must exist?

It may be an oversimplification, but if everyone had their basic human needs met, perhaps over time, crime, ignorance and poverty could be reduced, if not erased from our society.

Simple, right? Not so easy to pull off. I surely don’t have the details worked out. I probably don’t know all the questions that need to be asked, but there is, I believe, a case for something like this worthy of a further conversation.

Perhaps we can agree that as a nation, we can … indeed, we must do better. But in order to do better each of us has to be better. If we all held good thoughts, spoke good words and did good deeds, I believe we could advance without sacrificing the principles and values that once allowed us to claim the status of world leader. We can take care of those on the margins — children, the elderly, the poor, and the different — effectively and efficiently within the construct of our capitalist, free enterprise economic system.

We can educate and prepare our young for their place in a globally competitive future, while honoring those who came before us with a dignified and comfortable old age. And, we can address complex issues involving race, gender, equality, immigration, and national security by doing so with respect, a spirit of cooperation and a pinch of good, old-fashioned compromise.

We can do all of this. It just takes will.

Maybe we need to review what the framers had in mind when they drafted the preamble to the U.S. Constitution:

“WE, THE PEOPLE, in order to form a more perfect union, establish justice, insure domestic tranquility, provide for the common defense, promote the general welfare, and secure the blessings of liberty to ourselves and our posterity, do hereby …”

It doesn’t matter where you went to school, where you grew up, or who your ancestors are. It doesn’t matter what your race, religion, gender or national origin happens to be. It doesn’t matter what political affiliation or philosophy you follow. It only matters that you care enough to get involved and do what you can do, without letting what you can’t do get in the way. Focus, not on what’s wrong but on ideas and actions you can build upon. Do what’s right, and before you know it we’ll all be living once again in that shining, city on a hill envisioned by those first settlers who stepped ashore in Massachusetts and Virginia four centuries ago.

It doesn’t seem complicated. We need to think and act beyond ourselves. We need to turn anger and frustration into passion and resolve. We need to put partisan politics to the side and become what we all are, the descendants of the men and women who built American democracy and defended our way of life from those who would erase it for authoritarian or theocratic motives.

Do these things, and I believe, together, there’s nothing on God’s green earth we can’t accomplish.

---

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Highlands 209 Hospital Drive, Highlands, NC 28741
Monday - Friday | 8 am to 4 pm
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mission-health.org/primarycare

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**Kelsey-Hutchinson Founders Park**

**LOW COUNTRY SHRIMP BOIL**

To benefit Kelsey-Hutchinson Founders Park

**SAVE THE DATE**

Saturday, June 16th, 5 - 8 O’CLOCK

Rain or Shine, Tented Event

On the Plaza, Oak & Pine Streets, Highlands, NC

$60 Ticket includes tasty Low Country Boil Dinner, Dessert & 2 Drink Tickets

*Chicken Available*

Tickets available at www.foundersparkhighlands.org, The Dry Sink, Highlands Chamber of Commerce and Highlands-Cashiers Land Trust office.

Enjoy live music from Fletcher’s Grove-Appalachian Jam Rock from Morgantown, WV

Hosted by Friends of Founders Park, a 501 (c) 3 organization, www.foundersparkhighlands.org
Through June 10

• At The Bascom in the Loft Gallery. Noon-Day Land...Anna Norton exhibit. Video Installation of the movement of light within the Nantahala National Forest. For more information on these events please visit www.thebascom.org or call Lin Sheffield at 828.787.2866

Thurs., May 31

• At CLE in the Peggy Crosby Center on 5th Street, Basic Photo-editing for iOS. Time: 10:30a-3:30p. Cost $75/$85. Instructor: Nigel Sixsmith. For reservations call 828-526-8811.

Tues., June 5

• At CLE in the Peggy Crosby Center on 5th Street, Basic Photo-editing for iOS. Time: 10:30a-3:30p. Cost $75/$85. Instructor: Nigel Sixsmith. For reservations call 828-526-8811.

Wed.-Fri., June 6 – 8

• At the Bascom, Painting -- Gone Wild! Smokey Mountain Wildflowers in Watercolors with Hillary Parker from 10 am - 4 pm Levels I, II, III. Tuition: $450/$500. For more information on these events visit www.thebascom.org or call Lin Sheffield at 828.787.2866.

Thurs., June 7

• Free Practice Yoga class at The Bascom in the Loft Gallery, offered by Yoga Highlands, from 5:30-6:45 p.m. Practice will be lead by Yoga Highlands' instructor Rachel Kinback and is open to all levels. Bringing your own yoga mat is encouraged, though some will also be available for borrowing.

Fri., June 8


Sat., June 9

• Take medicine back! Dispose of unused medicine at Bryson's Food Store in Highlands and the new Ingles on the Georgia Road from 11a to 2p.

Mon., June 11

• At CLE in the Peggy Crosby Center on 5th Street, CLE OPENING PARTY. Time: 5-7p. No Cost. Everyone is Welcome. For reservations call 828-526-8811.

Tues., June 12


Tues., June 19


Mon., June 26


Mon., June 30

• At CLE in the Peggy Crosby Center on 5th Street, Gardening with Succulents. Time: 10a-12p. Cost $40/$50. Instructor: Gail Bell. For reservations call 828-526-8811.

Mon., July 6

• At CLE in the Peggy Crosby Center on 5th Street, Gardening with Succulents. Time: 10a-12p. Cost $40/$50. Instructor: Gail Bell. For reservations call 828-526-8811.

... EVENTS continued from page 16

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Mon., July 13

• Well-known author, Mary Alice Monroe, is the featured speaker for the Highland's United Methodist Church’s fifth annual Author's Tea Saturday 2-4 p.m. in the new Faith and Fellowship Center on 3rd Street. Tickets are $25. Call the Church Office at (828) 526-3376 or the event Chair, Gay Kattel, at (828) 526-2746.
As I sit and gather my thoughts on Memorial Day, I think about how my own life has changed in a year’s time. My dear husband of 33 years passed away suddenly last May and my sweet brother left this world on March 26, 2018. The loss of loved ones changes us and puts things in perspective. We learn quickly what really matters in life.

I’m thinking today of our military men and women who went off to war never to return. Those who left behind women and children who prayed for their safe return but who never saw them again. Their lives changed dramatically in an instant with a dreaded phone call or official visit. All so young who gave up their lives for our freedom.

When a loved one passes away we pull memories from the corners of our minds, hidden somewhere, like a treasure chest covered with dust. We open the box to reveal the best times of our lives. Our hearts are warmed by the love and a bright light shines through the darkest of clouds...if only for a short time until the box closes once more, waiting for the next time.

So many memories have been made here in these magical mountains by my clients and the friends I meet. The children remember hikes with their parents, watching water cascade down the mountains, feeding ducks on Mirror Lake, family gatherings around the dining room table, and simply remembering the love that surrounded them.

To everything there is a season and now the older parents are selling their large mountain homes or little cabins due to illness or death. I have helped several who were battling cancer or another terminal illness move on with their lives by selling their properties. I have also helped many to find the “right” place to start making memories with their own children and grandchildren.

This is a great time to invest in our little “Hallmark” town, where people call you and your dog by name on Main Street. A town where people mourn with you, a town where you are accepted, a town that supports non-profit causes, a town where good food and wine await you and chefs give their all, a town where shopping is a delight, where plays and performances rank at the top, a town where you long to be.

As I have learned, the hard way, the only thing that truly matters in life is the love that surrounds you at the present time that leads to cherished memories to get you through the tough times. Invest in your life...invest in us.

• Pat Allen is owner of Pat Allen Realty Group, a small and independent firm who specializes in personal service. Office phone is 828-526-8784 and Pat’s cell is 828-200-9179. Visit them at 295 Dillard Road across from Highlands Decorating Center and at Pat Allen Realty Group.com. “Not the Biggest...Just the Best.”
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CHURCH-WIDE YARD SALE AND CAR WASH Proceeds to benefit youth mission trips. Saturday, June 2nd. 9 AM – 3 PM. Community Bible Church. 3645 Cashiers Road. Highlands, NC

WANTED
USED 220-VOLTWOOD LATHE: Powermatic 3520B, Oneway, Nova, or Laguna. 706-662-0075. (st. 5/31)

HELP WANTED
CHURCH CUSTODIAN NEEDED. First Baptist Church Highlands. Job Description available on request. Bids being accepted. 828-526-4153. (st. 5/24)

EXPERIENCED WELDER and helper needed. Call Randy 828 421 9031. (st. 5/10)

MARKETING AND PROJECT MANAGER (FT), HIGHLANDS CHAMBER OF COMMERCE AND VISITORS CENTER is seeking a passionate and enthusiastic marketing and project management professional to join our team. Through a combination of hands-on skill and vendor coordination, this position manages all aspects of marketing, including print collateral, digital outlets, social media, enewsletters, content development and media relations, and provides marketing support to the Events and Membership Manager. Requires project management skills, layout skills, an eye for design, as well as experience with and aptitude for data/list/CRM management and website updating. Requires BA/BS in Marketing plus commensurate experience, or Associates Degree in Marketing and at least three years of demonstrated relevant experience. Salary D.O.E.

• See CLASSIFIEDS page 22
**SALES ASSOCIATE HIGH END RETAIL CLOTHING STORE IN HIGHLANDS AND CASHIERS, NC.** Full time, part time and seasonal. Inquire to 828-200-0928. (st. 5/10)

**PART-TIME RETAIL CUSTOMER ASSOCIATE – CKSWAN** an established home furnishings and gift store is seeking a creative, customer focused individual, who has a friendly nature and the ability to multitask. Previous retail experience preferred. Please apply to info@ckswan.com. (st. 5/10)

**ASIA HOUSE** – Now hiring experienced bussers and waiters. Call 828-787-1680 or stop by 151 Helen’s Barn Ave. (st. May 3)

**FULL-TIME SALES POSITION.** Weekends & holidays a must. Great hours with a great salary. Nancy’s Fancies. 828-526-5029. (st. 4/26)

**FRESSES COURTYARD CAFE** hiring cooks, counter help and food runners. Call 828-526-8847. (st. 4/19)

**DUTCHMANS DESIGNS on MAIN STREET** – Full and Part time (year round) sales associates wanted. Retail and computer skills preferred. Please email resume to gabbi@dutchmandesigns.com or bring to store. (st. 5/10)

**CYPRIUS INTERNATIONAL CUISINE.** Hiring All Positions. Please Contact Dan At Cyprus332@gmail.com or Visit Us At 332 Main St. Highland NC (st. 1/11)

**MOUNTAIN FRESH GROCERY** has full and part-time positions available. Competitive wages in all positions. Please come in person to 521 east Main Street in Highlands to apply or call 828-526-2400.

- Food Server, Cashier and Barista (includes tips)
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**2013 LANDROVER LR4, HSE LUX.** Dark grey. 53,000 miles. Excellent condition. $36,000. Call 864-373-4022. (st. 4/19)

**SERVICES**

**GUTTER CLEANING, METAL FABRICATON** roof repairs, debris removal. Call 371-1103. (st. 4/26)

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**HEALTHY COOKING CLASSES IN YOUR HOME.** Learn simple techniques & recipes to make fresh foods taste delicious, as you save money and improve your health! Call Medea Galligan, MS Nutrition, Health Coach at 828-989-9144.


**HIGH COUNTRY PHOTO/KEY IN VINSON:** scanning photos, slides & negatives to CD or DVD for easier viewing. Video transfer to DVD. Everything done in house. Leave message at 828-526-5208. (st. 3/1)

**MOLD AND MUSTY SMELL IN YOUR HOME?** Call for free inspection. 828-743-0900.

**REAL ESTATE FOR SALE HOMES FOR SALE:** 38d 2 & 1/2Ba home includes 1Bd 1Ba cottage 2 miles from downtown Highlands. By owner 803-315-0715. (st. 2/22)

**3.20 ACRES UNRESTRICTED.** Power underground, borders National forest, 190 degree view. 10 min to Main Street. 3 septic fields, 1 well 7 g.p.m. 2 house foundations established and approved by county inspectors. 2Bed/2Bath Clayton home livable while building. Spring rights and more land available. For beautiful sunsets contact gracefamilia@yahoo.com. (st. 9/21)

**1.21 ACRES FOR SALE BY OWNER - OTTO, NC - $28,000. Lot 12 Quail Haven Road. Otto, NC. Price not firm...open for negotiation. Please email if interested to ddmash15@aol.com or call/text to 239-980-0531. If no answer please leave a message. (st. 7/20)

**RENTALS**

**STUDIO APT. IN SCALY MOUNTAIN.** $450 per mo. Utilities included. Annual lease, references required, no pets. 828-526-3752. (st. 5/31)

**4 BD 3.5 BA.** 1 car garage w/storage, large yard with backyard fenced, pets with restrictions, 2.2 miles from Highlands Post Office. Offered unfurnished, one year minimum lease, references, credit check and deposit required. Available July 1, 2018. $1750 per month. 828-526-4530. (st. 5/17)

**3/3 OLDER HOME NEAR BASCOM FOR RENT.** Year-round, $1075/month. Furnished. 828-526-5558. (st. 5/10)

**LUXURY APARTMENT IN TOWN.** Walk to Main Street. 1Bd 1BA. $3,500 per month. 3 month minimum. Sorry, no pets, no smoking. Adults only. 828-421-1709. (st. 5/10)

**2 BR. 1 BA. APARTMENT in Scaly Mtn. NC. $650 per mo. Utilities included. Annual lease, references required, no pets 828 526-3752 (st. 5/10)

**SOUTHERN BELLS RESTAURANT** on Cashiers Road for lease. Experienced restaurateurs only. Call 706-782-6252. (st. 5/3)

**FALLS ON MAIN** — Up and Down units available. Call 706-782-6252. (st. 5/3)

**TWO SMALL OFFICE SPACES NEATOWN.** Reasonable rent. 828-526-5558. (5/31)

**UPDATED 2BD/2BA COTTAGE.** 10 minutes to Main Street—ez access year round, just off Dillard Road. Spacious floor plan, fully designer-furnished, totally-stocked kitchen, Central heat and air, large deck, private yard. Tenant pays gas/electric (energy-efficient windows/doors). No Smokers. No Pets. Available year-round. $900 Month/ $900 deposit. Call 615-243-2006. (st. 3/29)

**3 BD 2 & 1/2 BA HOME $2400 monthly 1Bd 1Ba cottage $1200 monthly All utilities included, fully furnished. 803-315-0715. 2 miles from downtown Highlands. (st. 2/22)
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Cy Timmons  
828-200-9762  
Steve Sheppard  
404-219-1349  
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